A Journal Devoted to Healthful Living

HEALTH

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Editorial

Air-Raid Precautions

THERE is persistent rumour of another World War in the near future, while at the same time, there is the assurance of peace, especially from quarters from which war is likely to originate. A catastrophe has been averted in September last, for which the world must feel grateful to Mr. Chamberlain, the British Prime Minister. But, the nerve tension which it was supposed to ease still continues. Britain is now preparing herself in feverish haste for a war, by increasing her armaments and putting up her defences.

The war in ancient days was a mild affair when compared to the present-day war-fare. We have heard of the Napoleonic Wars and the Hundred Years' War in Europe but the last German War in 1914 has beaten them all, for it brought the whole world within its compass. At that time, submarines and aviation had not made such strides as to cause alarm. Though Madras had witnessed a submarine attack from the 'Emden' and created a scare and London was attacked by air, during the last German War, yet the loss of homes and lives of the civil population was not much. "Throughout Britain during this period as a result of German air raid, only 1414 persons were killed and 3,416 were wounded even though 8,500 bombs were dropped. But in the recent Spanish War, the insurgents dropped 24,000 on the civil population of Spain and as a result 7,000 non-combatants had been killed and 11,000 wounded. In China, 2,500 air raids were carried out by

17,000 Japanese planes and 33,000 bombs were dropped, resulting in 16,500 non-combatants being killed and 21,752, being wounded".

The great advances aviation has made in recent years, its contempt for distance and the tremendous speed of modern aeroplanes, make it probable that the brunt of warfare would not be borne by the seasoned troops at the front but by those far removed from it. So, Air Raid Precautions will have to be undertaken by all the nations on a tremendous scale and naturally the co-operation and the co-ordination of the public are invited. The Civilian population must be conversant with the nature and amount of the danger that awaits them and must be prepared to protect themselves from that danger. Already in India, Air Raid precautionary measures have been undertaken and quite recently, Major-General N. M. Wilson, I.M.S., Surgeon-General with the Government of Madras, addressed the Rotary Club on the Anti-Air Raid precautions. The objects of air-raid were put in a nut-shell by the Surgeon-General thus :—" They are to dislocate traffic, road, rail and sea by destroying railway and port centres and destroying munition centres and centres of naval and military organisations and the destruction of the morale of the civil population ".

Air-raid attacks are usually made by throwing bombs on the Civil population containing gas or spray or high explosive shells. Ignorance of the methods of air attack and the manner of protection will cause more panic, which will be worse than the pain which the bombs may give rise to. Therefore, it is necessary that the public should know something about the nature of these bombs and how to protect themselves against them. Here ignorance is a curse and no bliss. This is our justification for introducing this subject in our "Health" this month.

Gases.—First of all, there are the *tear and nose irritant gases*, which might be termed 'panic producers'. They have no toxic effect on the human body and are mainly used to promote panic. The nose-irritant gases are all arsenical and the Respirator is a complete protection against them. These irritant gases may also produce mental depression and cases of suicide have been reported.

Secondly, there is the *mustard gas* which is 'the villain of the piece'. When pure, it is an oily, clear, practically colourless fluid but when impure —which is the form in which it will probably be used—it is of a dark oily colour. In the solid form it is innocuous in that it does not give off vapour but when it is brought into a warm room on a person's shoes or when it comes into contact with one's body, it immediately liquefies and is in its most dangerous form.

One should have protective clothing if one has to work in mustard vapour. It is absolutely essential that one should make oneself conversant with the actual smell of mustard gas because if the first whiff of it is not recognized, one might continue to breathe it as it has the effect of dulling the sense of smell. It acts on any part of the body with which it comes in contact.

Explosives.—In an air attack high explosives, incendiary bombs and gas bombs may also be used. During the day, aeroplanes attack in formation

and during the night, the attack is usually by single planes.

Gas Spray.—This is another form of attack from air. Here, the mustard is deposited in the form of a fine spray from a layer container in the aeroplane. If the attack occurs at high altitudes the spray will be deposited on the town beneath without any one noticing even the aeroplane. When an aeroplane attacked at low level, it would be the same sort of attack as with machine guns.

Air-Gas demonstration in Bombay. A Sentry with Gas-Mask is seen guarding the area affected by Gas-Bomb.

These gases are identified by (1) Ear, (2) Nose, (3) Eye, (4) Immediate irritant effect and (5) Chemical detectors. In gas spray attacks, the smell emanating from the bomb is more important than the sound of the bomb itself. There are certain characteristic smells attached to each of these gases, amongst the more important of which, *Phosgene* has the odour of musty hay. The smell of *Chlorine or bleaching powder*, all are familiar with. *Mustard* has a faint odour of garlic or horse-radish and *Lewisite* has the odour of geraniums. Phosgene gives an immediate irritant effect causing a burning pain in the throat, coughing and perhaps tearing and also a feeling of constriction of the chest. The feeling would disappear in a short time to be followed by a sense of well-being if one puts on a respirator. In the case of the eye irritant or tear gases one will find a smarting of the eyes, copious tearing and spasm of the eye-lids and therefore, temporary inability to see. In the case of the nose irritants, the symptoms are pain in throat, nose and gums accompanied by sneezing. With Lewisite, there will be a burning of the eye and nose but in the case of mustard, there will be no immediate irritant sign.

Respirators.—Most war-gases in vapour form attack the nasal passages and the eye and therefore it is essential that every individual should be protected in some sort of way and

this is done by Respirators. There are three types of Respirators:— (1) The Service Respirator which is intended for those who are obliged to work for long hours in a contaminated area. (2) The Civilian Duty Respirator which is meant for use by people who have to pass through gas contaminated areas or be in duty during a gas raid, *e. g.*, telephone operators and (3) The General Civilian Respirator which the general public use. It is small and is composed of rubber which covers the whole face. It is absolutely necessary that you should buy respirators from authorised sources. If your respirators are faulty, you prejudice your chances of escape.

Clothing.—Individual protection includes protective clothing which will be worn only by those who are going to work in contaminated atmospheres, for instance, First Aid parties, demostrating squads and Gloves, oilskin clothes and rubber and gun boots compose the protective equipments of the body. These materials are the best as penetration of gas is low and they are decontaminated comparatively easy. But as oilskin prevents conduction and radiation of heat from the body, full protective clothing can be worn only for short periods—say, for three shifts of half an hour each per diem.

There is great and imperative need for the training of First Aiders to help sufferers from air attacks and Madras is making all the necessary arrangements to combat air-raids. The Surgeon-General with the Government of Madras has summarised the preparations that are being made as follows:—

(1) Sites are being selected as depots for First Aid Parties and lists of equipment have been made and the source from which it could be assembled.

(2) Sites for First Aid posts have been selected throughout the city of Madras.

(3) A survey is being prepared of the accommodation available for the necessary hospitals.

(4) The St. John Ambulance Brigade No. 4. Division is being strengthened and systematically trained and women, both British and Indian, are being trained in First Aid and Home Nursing to form Nursing Divisions of this Association.

(5) Local Medical men are being recruited to give their services in case of emergency.

(6) Ambulance transport is being tabulated and an estimate made of the number of supplementary Ambulances which would be needed and could be improvised from motor lorries.

We hope necessary co-operation from the public will be forthcoming and a large number of healthy and able-bodied men and women will join the Ambulance Brigade and Nursing Division and render efficient service to the helpless sufferers at a critical juncture.

Acknowledgement :

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STUDENTS *and* SADHANAS *of* HEALTH

By
Dr. Parma Nand Ahuja,
M.B., B.S,
Karachi.

"Life is not to be alive but to be well"

STUDENTS of the present generation are living in times which may be truly called 'Revolutionary'. The whole world is astir. There is change and revolution in the air. Our beloved country, Bharat, is also struggling to change the old order of things and usher in a new and spacious day. There is a keen struggle of life ahead and students have to make preparation for the coming stress and storm. Life is a great battlefield and every one of us has to take part in this battle. It is not for weaklings to fight the battle of life with a bold courageous step. It is not the weak in body and lean in limbs who can successfully pilot the boat of life through troubled waters to the haven of health and happiness.

In the free India of the future, there will be a citizen's army as obtains in other free countries in the world. Every young man and adult person will have to join it and maintain it in times of peace and war. So, as future citizens of this land, students must prepare themselves to constitute the citizen's army. This they can only do if they are strong and healthy. Preparations are already afoot in provinces under the Congress Governments to impart military training to boys and girls in schools and colleges. I am sure this will be taken up in every province in the near future. Military training, besides physical, has a disciplinary and character-building value for all, irrespective of whether they intend to become soldiers or not.

For these reasons and many more, students and young folk generally have to build their body strong and beautiful, bold and fearless to face any struggle and weather any storm that may blow over them. Every one should cultivate the Khashtriya Spirit despite his or her belonging to Brahman, Vaish or Sudra's Kul. The unnatural and artificial division between martial and non-martial classes fostered by interested agencies must disappear.

The Goddess of Health is very jealous and every devotee has to offer the undivided allegiance of the body, mind and soul to receive her best blessings. We will consider the Sadhanas of health in these three spheres, physical, mental and moral.

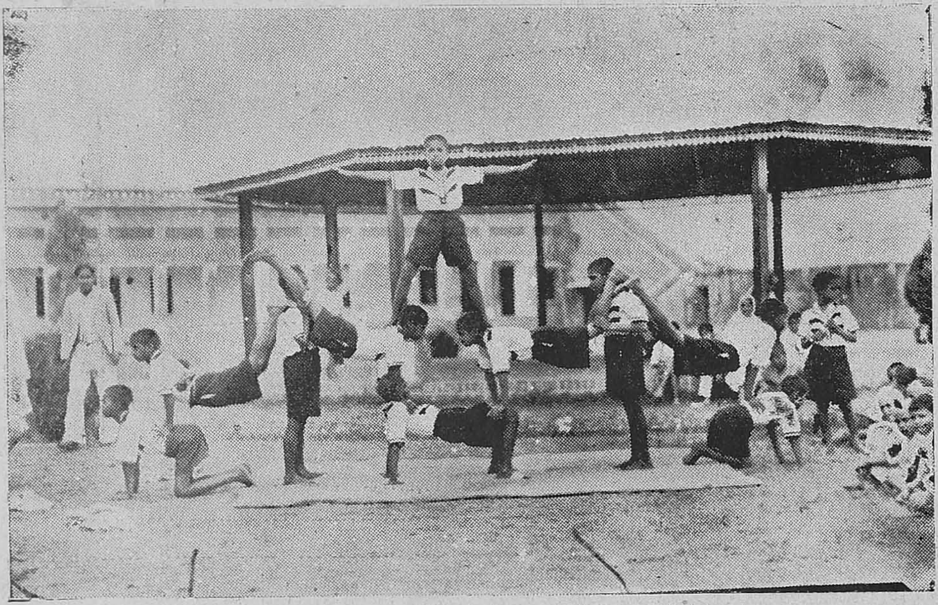
Health of the Body.—The prerequisites to maintain sound health

and vitality are good balanced diet and exercise.

Young students particularly in this period of growth and development should take special care to have nutritious diet. It has been pointed out by the Educational authorities of the city of Calcutta that out of 5160 students examined, 47% were found to be defective in health and out of this, 30% were suffering from malnutrition which was responsible for low state of health in one form or other and many diseases of teeth, eyes, etc. If such is the state of health of students in a progressive city like Calcutta, it could not be better in less progressive towns in India.

Question of providing adequate nutrition to the people of a poor country like ours, whose average income per head is about one anna per day, is a mooted one. Extensive research is being done to find the nutritional value of diets of the people in various provinces. The consensus of opinion so far appears to be that the Punjab diet consisting of whole wheat bread, milk, ghee or butter, dahi and butter milk, pulses, green vegetables and fruits, is an all-round balanced diet.

The problem of providing such articles of food like milk, butter, fruits etc., for indigent boys whose parents or guardians can ill-afford to do so will tax the resources and ingenuity of management of schools. A Poor Students' Fund or some scheme on co-operative basis, will have to be devised to meet this requirement. School authorities, parents and the State must co-operate in this direction. They should also see that the money spent by well-to-do students is not wasted on stuff whose nutritional value is next to nothing; suitable confectionery arrangements should be made in the school premises for the purpose.



Physical Feats performed by Students of Gurukul on the occasion of the Anniversary.

The next step to keep physically

fit is to take exercise daily and regularly. It is as essential as to take good nutritious food. The teachers of the schools should give a lead in this direction and all students should join several games, drill or other sports which encourage team spirit and fellowship. Military training classes and gliding clubs should be started to make the students strong and air-minded. The mind of the student should be in the game or exercise and it should not be only a mechanical performance.

Teeth have been found to be notoriously defective even at this early age. Balanced diet will materially contribute to form and maintain a good set of teeth, sweets, sour drinks and sauces should be avoided as far as possible. Rinsing of the mouth thoroughly after every feed is a healthy habit to dislodge all food particles from the crevices and corners between the teeth. Rubbing some Sodii Bicarb at night before retiring is useful in counter-acting acid fermentation accountable for early dental decay. Regular use of Duttan or Brush with Sodii Bicarb or other suitable dentifrice is desirable.

Defective eye-sight in students is another common occurrence. It may be prevented, except in congenital cases, by regular washing of the eyes with clean, cool water in the morning and at bed time. Reading and writing should be done in good light at a distance of about one foot. The source of light should be on the left side in English and Hindi work to obviate casting shadows. In congenital and other intractable cases suitable lenses should be worn under qualified advice. Nourishing food is desirable for proper development of the eyeballs in this period of growth.

Health of Mind.—Sound mind in a sound body is an old but trite saying. Students must think straight and act straight. Preserving of Brahmacharya in thought, word and deed is of paramount importance for students. That is why our Shastras lay great emphasis on virtues of Brahmacharya for 25 years for those engaged in the acquirement of Knowledge. Students should never allow their mind to be crossed by any evil thought or impure emotion. Eschew all books, novels, etc., which deal in obscene subjects or lascivious literature. Books of high order on lives of great men, leaders of the nation, social and religious topics, historical subject, etc., should be their constant companions. The library of their school must bring such books within the easy reach of all students and the staff. They must breathe the fresh undefiled air of pure thought and serene environment.

Students should cultivate the habit to be always happy and cheerful. Never allow any gloomy thought to damp the exuberance of youth and buoyancy of health. Developments of sense of wit and humour at this stage of life will be an invaluable asset to stand them in good stead in all the stress and strain of their future years, when they are face to face with the stern realities of life. Laughter lightens the burden on the rough road of life. Their sallies of wit and humour should be of a nature that turn away wrath but never wound the heart. Let their repartees and retorts be of a dignified kind, free from rancour and malice. But never indulge in indecent jokes or objectionable jeers.

Virile optimism should always reign in the hearts of young men. Youth should be deaf to the siren song of pessimism and defeatism. Students must follow the inspiring motto 'Keep your face to the sunshine and you cannot see the shadows.' This will go a long way to insure mental peace, happiness and health.

The courage to say "No" is a desirable attribute of one's character and should be inculcated at an early stage of life. It saves one from many a pitfall of puerile predicaments and perverse commitments which compromise one's honour and self-respect.

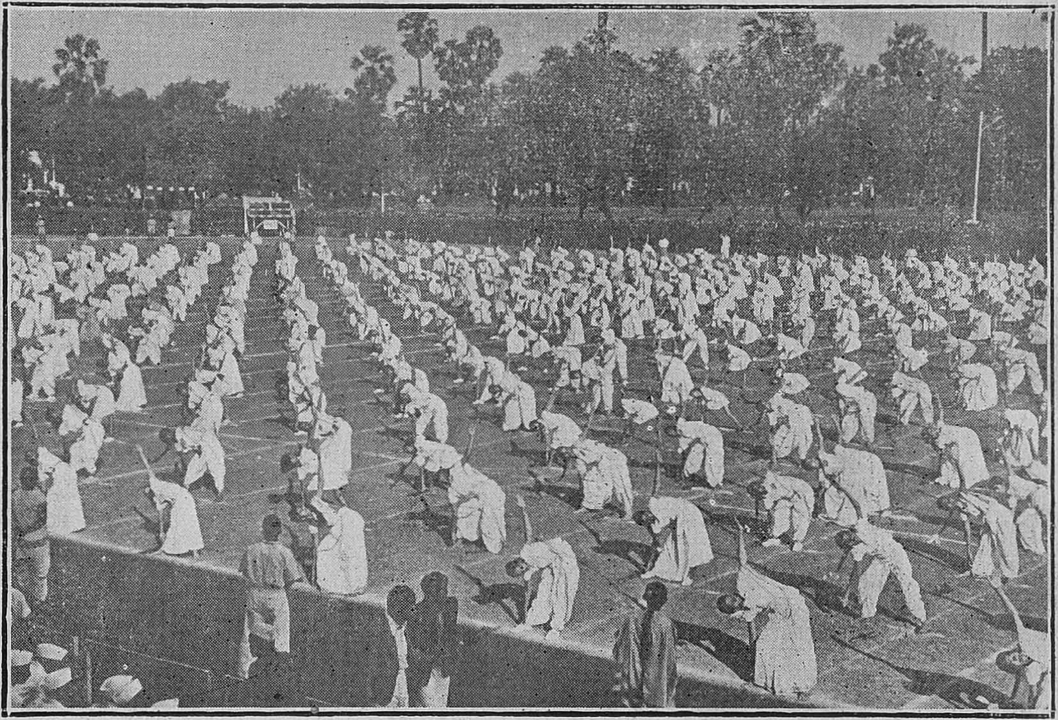
Health of Soul.—To be morally healthy is as essential as to be physically fit and mentally peaceful. Students' ambition should be high and noble. They should be dreamers of noble dreams. It is the dreamers who have changed the face of the world and led humanity on the path of progress. Their ideal must be to hitch their wagon to the stars and by their honest and earnest efforts, if they succeed half the way to reach it, it will be a noble achievement. Our present Viceroy Lord Linlithgow made a pregnant observation when he said "Do not be afraid to fly the flag of your ambitions and of your ideals at the very top of your mast. Your performances will not climb as high as your ideals. But if you try to hide the gap between what you would like to be and what you are by lowering your ideals just a little bit, you may take it from me that your performances will come down with a run and the gap between aim and achievement will become wider than ever."

Students and all should set apart some time for prayer and meditation 'More things are wrought by prayer than this world dreams of' is an apt line from Tennyson. Prayer is the process of communion between the individual soul and the Soul Universal. Prayer is for the soul what food is for the body—a vitalising and sustaining Sadhana. It raises the man from this prosaic plane of life to the purer plain of peace and bliss. It fortifies the mind against evil influences and makes the life-waters flow through healthier and cleaner channels. Meditation even for a few minutes every day will enable you after some time to concentrate your mental powers and conserve your mental energy. It will, in course of time, strengthen your will and determination, courage and confidence. It is a great factory in fostering love, faith and hope in the divine order of things which virtues make their possessor invulnerable and invincible against all odds of life.

Discipline is indispensable for making one lead a healthy life. Student life should be dedicated to discipline. It is a prime necessity. They should be regular and punctual in taking their food, in their work and play. They must render implicit obedience to their class teacher, drill master, parent and guardian. In discipline lies freedom in its truest sense both in individual and national life. The spirit of revolt and rebellion that is visible in all walks of life even against duly elected monitors and authority democratically constituted, is an evil wind that does good to no body. I will be the last person to ask students to surrender to untruth, injustice or cruelty. They should have the courage to stand up against all this irrespective of its source. But a disciplined life, to obey your chosen leader, the rules and regulations of your school and society, at home and on the playground, to bow to the will of the majoritiy, is an inestimable virtue, the importance of which cannot be overemphasised. Young men should wear discipline, so to say, round their neck, set an ennobling example to their elders whose conduct in any sabha or society, council or assembly, leaves much to be desired in this direction and is

responsible, in no small measure, for the ugly scenes and unseemly wranglings and bickerings which we witness day in and day out. The battle of life either literally or allegorically can be fought successfully only by disciplined soldiers. Hence my stress even at the risk of repetition to have military training for boys and even girls compulsorily to inculcate in them the priceless lessons of discipline and collective spirit. Lord Willingdon's noble message "the Battle of Waterloo was won at 'the play-fields of Eton" should be laid to heart and on the play-fields of their schols, students must learn their unforgettable lessons in building their iron constitution, high intellectual veracity and irreproachable moral character, disciplined and trained, so that armed with these unconquerable weapons, when they pitch their tents in the vast arena of life and see arrayed before them formidable foes in the shape of physical diseases, mental aberrations, moral corruption and turpitude, they face them with courage and confidence and routing them all, march on from victory to victory.

The above remarks to a large extent are as much applicable to the teachers as to the taught. As moulders of life of future citizens, teachers have a great duty and responsibility in setting an inspiring example physically, mentally and morally before their young impressionable wards.



Girl Students also require Physical Culture Training.—The above picture shows girls from various Vyayamsalas giving a mass demonstration of the body-beautiful drill on the occasion of the Physical Culture Cenference held at Parel, Bombay.

Before I close, I suggest a prescription for health, a dose or two of which taken daily will keep one fit in all respects.

Medicine for Health.

Brahamacharya	i oz
Balanced diet	iii oz
Tr. of Exercise	iii dr
Oil of mental peace	ii dr
Spt. of love and charity	iv dr
Infusum cheerfulness ad	viii oz

THE HYGIENE OF TOOTH

BY DR. S.C. SEN, L.M.S., M.R.A S., (LOND.),

Calcutta.

The tooth is an important organ of the Digestive System. It helps to grind the food material into fine particles so that they can be digested by the digestive juice in the alimentary canal.

The primary eruption of the tooth takes place about the age of sixth month but it is sometimes delayed in rickety children for a year and a half. The cause is assigned to the deficiency in vitamins, calcium and fats.

The tooth of rickety children is comparatively less in weight and is brittle—the dentine and the enamel being deficient. Such tooth gets necrosed in early life and gives pain to the children. Sometimes it becomes the focus of Tuberculosis which later on disseminates itself into the alimentary canal or into the lungs. A necrosed temporary tooth should be extracted as soon as it is found. As the age advances, the teeth lose their compact setting and begin to fall off about the age of 12 years.

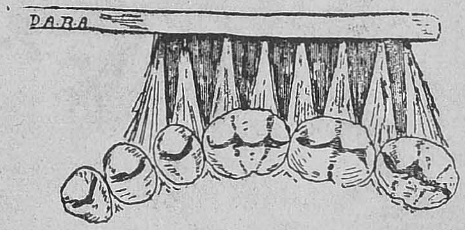
The Hygiene of the tooth is its cleanliness, its proper setting. Good digestion keeps the tooth in healthy condition but bad digestion makes the tooth unclean and interferes with the easy methods of cleaning. Bad liver, chronic bronchitis or any kind of fever make the tooth unclean. Some bad habits—such as chewing Pana, smoking cigars or cigarettes make the tooth unclean and even difficult to make it clean.

Accumulation of Bacteria at the junctures of the tooth and the gum often takes place. They naturally multiply and combine with Calcium element of the food particles to form a hard stony substance called 'Tartar'. The Tartar accumulates in the function of tooth and gum. If it is not carefully cleaned from time to time, the Tartar becomes hard and stony so much so, it cannot be easily removed from the tooth. If it is continued to remain there it burrows between the gum and tooth and a layer of the Tartar is formed all round the tooth. The tooth is practically separated from the surrounding soft tissues. Then it behaves like a foreign body imbedded in the gum. The result is inflammation and pain. W. B. C. infiltrate the part and there is pus formation. Nature wants to get rid of it and consequently after repeated attacks of pain and inflammation, the tooth becomes loose in its socket and ultimately falls off.

Therefore, Bacteria should on no account be allowed to accumulate at or near the base of the tooth. To do this the tooth should be washed twice daily and the junction of tooth with gum should be cleaned and rubbed every time the tooth is washed.

Laymen often use many kinds of tooth-powders and tooth-brushes for

washing the tooth daily. But hard and gritty powders do more harm than good by removing the enamel of the tooth and thereby exposing the dentine which is more easily damaged by the Bacteria. The use of tooth-brush is another dangerous practice. The brush is not often sterile and the animal hairs carry anthrax which may infect the gum and cause fatal diseases. Besides, the hairs or fibres of the brush do not remain stiff enough, even after four days' use, to remove the accumulated Bacteria or



Tooth Brush.

to dislodge the tartar which may accumulate there. It does not perform the work for which it is meant. To provide with a fresh sterilized tooth brush daily or every fourth day is much expensive and certainly beyond the means and effort of ordinary lay people.

To clear the tooth daily the best and cheapest method is to use the fibrous vegetable sticks. This should be daily changed for a new one. The end of the stick of any hard fibrous plant should be hammered to make it into a brush. The vegetable stick-brush so made should be rubbed on the tooth and no kind of gritty powder should be used along with the brush. This stick-brush can be more conveniently used than a tooth-brush to rub the tooth on its anterior and posterior or lateral and mesial surfaces. The fibres of the vegetable stick-brush are sufficiently strong to remove the tartar and cannot damage the gum or infect the mouth with any harmful disease. The Neem vegetable fibre-stick-brush for cleaning the tooth has been found by experince to be the best. This plant is widely distributed in the Tropics specially in India. Margosic acid, a good harmless disinfectant for the gum and tooth is present in the juice of the same plant. So, I expect the fibre-stick-brush made out of this plant will serve our purpose to keep the tooth clean and healthy. The teeth should be rubbed with it ½ an hour in the morning and ¼ hour in the evening. Bad or diseased tooth is the cause of many diseases. Doctors have often ascribed bad tooth as the cause of Palpitation, Ear-ache, Eye-trouble, Headache, Fever, Gastritis, Diarrhœa etc. In short, as Dr. Lennin says, "There can be no disease to which 'bad teeth' cannot be ascribed as its cause".

So, to keep us healthy, we must first keep our teeth healthy and hygienic.

MYOPIA IN SCHOOLS

By DR. R. S. AGARWAL,
Eye Specialist, Delhi.

IMPERFECT sight is found in the eyes of most school children of India and other countries. It is a truth that nearly all of the cases of imperfect sight in school children are acquired after they enter the school. Their eyes are normal when they begin their school life. After a few years most of them acquire imperfect sight, the average being about eighty per cent. Of these, nearly all have acquired far-sightedness and astigmatism. At the age of ten or twelve, near-sightedness appears, and far-sighted children become less. It is a general belief that strain to see at the near point causes short-sightedness (myopia) but really a strain at the near point always produces far-sightedness (hypermetropia). The authorities, to check the strain at the near point, laid down different rules as to the size of type to be used in school books, amount and arrangement of light, construction of desks etc. The result of these preventive measures were disappointing and the prevalence of myopia did not stop.

Incorrect Way of Reading.

Correct Way of Reading.

The truth is that the strain to see at a distance causes near-sightedness or myopia. Why do some children strain at the distance and gain myopia while others do not strain at all and have perfect sight? Experience shows that all persons are not created equal. Some children come to know that strain lowers the vision, but they go on straining because they do not know what else to do.

Children are great imitators. They learn to walk by watching others walk. They learn to talk and play from the example of other children. Similarly they learn to strain the eyes from their teachers, parents, friends and others. Parents and teachers who use glasses and strain their eyes affect the mind of the children. Some

children suffer so much from headache and other troubles when attending schools that they easily acquire strain from others.

Circumstances also affect the eye sight, for example :—

(1) Punishment either physical or mental.

(2) Temperament of the people with whom the child comes in contact.

(3) Nervousness of the child.

(4) Uninteresting subjects.

CURE :—1. Teachers should learn how to have normal sight without glasses.

2. Teachers should explain to the students how to avoid strain by blinking, palming and swinging.

3. Daily practice on the Snellen test card for five minutes in the school (scheme of preventing myopia in schools).

4. Once a week eye education should be given to the children. It is an encouraging fact that children soon after they are cured without glasses have a great desire to help others and the more they try to help others, the greater the benefit to themselves.

5. Before you make up your mind to compel the child to use glasses, ask the child to practise relaxation methods.

Prevention of Myopia in Schools. —Place the Snellen test card upon the wall of each class room and every day the children should read silently the smallest letters they can see from their seats, with both eyes together and then with each eye separately, the other eye being covered with the palm of hand avoiding any pressure upon the eye ball.

Appoint a period of five minutes for it in the beginning of school work. It should be the duty of the teachers to note that all children read the test card with blinking. The practice of five minutes daily is sufficient to improve the sight of all children in one week and to cure defective eye sight after some time.

Children with markedly defective vision should be encouraged to read the chart more frequently and practise palming at home. Children wearing glasses should not be interfered with as they are supposed to be under the care of physician and the practice will do them little or no good while the glasses are worn.

Though not necessary, it is a great advantage to have records made of each pupil at the time when the method is introduced, and thereafter at convenient intervals annually or more frequently. This may be done by the teachers. The records should include the name and the age of the pupil, the vision of each eye tested, and the date.

How to Test the Vision ?—Keep the Snellen chart at twenty feet distance from the student and ask him to read the chart with each eye separately, keeping the other eye covered by the palm of the hand. Write the result in the form of a fraction with the distance at which the line of letters is read as the numerator and the distance at which the line ought to be read as the denominator. The figures above the line

of letters on the test card indicate the distance at which the letters should be read by persons with normal sight. Suppose Mr. Mohan Rau, aged fifteen years, reads at twenty feet distance the fifty feet line with the right eye and at ten feet distance the 200 feet line with the left eye then write :

Date.	Name.	Age.	1st Test.		Date.	2nd Test.		Date.	3rd Test.	
			R.E.	L. E.		R. E.	L. E.		R.E.	L.E.
8-7-'34.	Mr. Mohan Rao	15	20/50	10/200	7-10-'34.	20/40	20/200	2-12-'34.	20/20	20/50

A certain amount of supervision is absolutely necessary. At least once a year one who understands the methods should visit each class room for the purpose of answering questions, encouraging the teachers to continue the use of the method and making some kind of report to the proper authorities. It is not necessary that either the supervisor, the teacher or the children should understand anything about the physiology of the eye. This scheme will save many students from becoming myopic and retardation. Try it in the schools at least for a year and keep the record. Compare it with the results of the previous year, you will be convinced of the fact.

Then why should our childern be compelled to suffer any more and wear glasses for want of this simple measure of relief? Lot of money is spent in spectacles every year. This system costs practically nothing. Simply there is the need of a Snellen test card in each class room. No one would venture to suggest that this scheme could possibly do any harm. Why, then should there be any delay about introducing it into schools ?

On Being ill

" Illness is one of the essentials to happiness. There is no happiness like the happiness of returning to health after a long, tedious illness. Consistently, healthy people miss much in life. Happiness is much more a negative than a positive quality, for to the dyspeptic, a bout of eupepsia is marvellous in the relief and comfort it brings. No one regards breathing as one of the joys of life. Could he have suffered from asthma, then, he would understand. The delicate man or woman to whom health is a fitful and precious thing, enjoys many more pleasures than the hard, insensitive person, that man who smacks you on the back and asserts that the world is good enough for him."—*Vizag Medical College Magazine*, *December '38.*

Keeping Warm in Winter

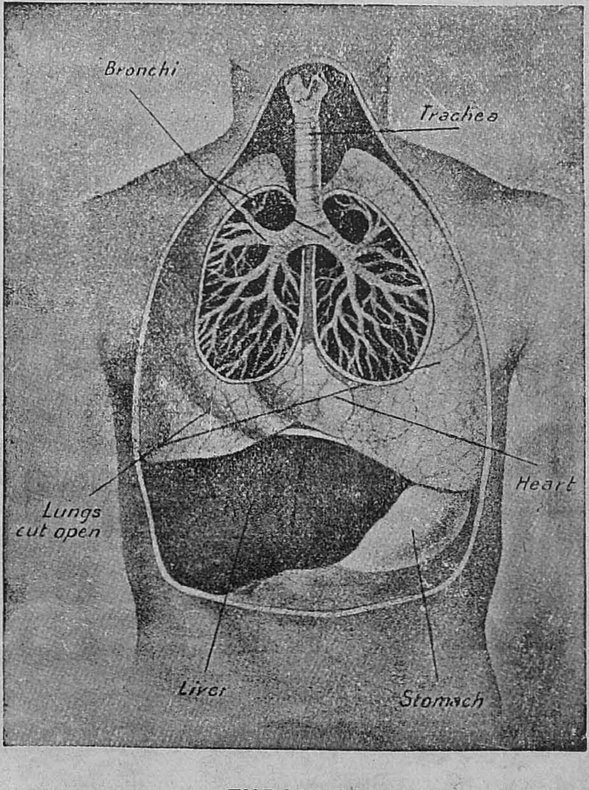
By Dharamdas Sunderdas Bhagtani,

Karachi.

How to keep warm in cold weather is the problem that disturbs each and every mind in winter, especially when cold waves such as have been invading the city recently are chilling them. The general ignorance about this problem which is one of the oldest and of universal significance is really incredible. The methods employed generally and thought to be the only and best available are heating the premises by closing the doors and windows and having a fire in addition to coddling oneself with extra clothing. The former of these is unscientific while the latter is insufficient. That the former is unscientific needs no dilating upon as every one knows that the greatest need of life is oxygen. That the latter is insufficient is clear from the fact that those who are the victims of winter ailments suffer inspite of them. They keep warm only the skin that they cover. But more vital are the internal organs. As these are also most delicate, it becomes infinitely more important to keep them warm. Hence to escape all the ill-effects of the chilly weather we should be more particular to keep the internal organs warm than of just wrapping ourselves with extra clothing.

The air that we breathe being chilly, chills our internal organs specially the respiratory ones and produces in turn diseases associated with wintry weather.

One of the greatest causes of this chilling is mouth-breathing. This bad habit claims its victims in every walk of life and the number is much increased by those who suffer from obstruction of the nasal passage. By breathing through the mouth the chilly air outside goes straight to the lungs chilling all the respiratory organs in turn. Now, let us see how nasal breathing remedies this. The construction of the nose is conicular and hence all the air that we inhale



THE LUNGS.

necessarily comes in contact with its wall and is heated to the body temperature. As a consequence thereof it would not chill the respiratory organs.

But if the skin of the interior of nose is covered with dirt, the air inhaled does not come in contact with the nose proper and hence is not warmed to the body temperature. Thus it will be seen it is not merely inhaling through the nose that matters but it is inhaling through a clean nose that will prevent the chilling of the respiratory organs.

As to the remedy, I would like to recommend a simple practice to cleanse the nose. It is the practice of drinking water through the nose. There are many other practices such as the different Neti's, Sidha, Kapalbhati &c. of Hatha Yoga but of all these, the simplest is the one that I have mentioned above. Take a cup of water and closing one nostril with a finger try to take up water with the other nostril. A little persistence will do the trick. Repeat the same with the other nostril and you will have done much in preventing the winter diseases which claim so many victims every year.

But the method to keep warm in winter that is most prevalent as referred to above is that of closing the doors and windows or keeping a fire.

We want to prove the seemingly paradoxical statement that the more open are the doors and windows, the greater the amount of fresh air that surrounds us, the warmer will our internal organs be.

Those who know thermo-chemistry are familiar with the fact that some chemical compounds when formed give out heat while others absorb heat *e,g.* we know that when coal burns (is oxidised) it gives out heat. It is common knowledge that the air we breathe consists of oxygen as a part, while that which we exhale contains carbon dioxide formed by a chemical combination of the atmospheric oxygen with carbon in the blood. But if the supply of oxygen is limited, a compound called carbon mono-oxide is formed. These chemical actions produce heat which keeps the internal organs warm as well as produce bodily energy.

Chemical experiments prove that one gram of carbon when oxidised to carbon mono-oxide gives out 2140 calories (a unit of heat) while the same amount of carbon when oxidised to carbon dioxide produces 7860 calories; nearly 4 times the heat given out in the former case. Further, this carbon mono-oxide, formed when the quantity of oxygen is limited, as is the case if the doors and windows are closed, forms a chemical compound with the blood (known as carbo-oxy-hæmoglobin) preventing a further absorption of oxygen in the lungs. Thus, not only is less of heat produced if the supply of fresh air is limited but it further stops the very process which produces heat that keeps the body warm besides supplying the requisite energy for the bodily locomotion.

I have not touched upon the fact that the carbon dioxide and carbon mono-oxide in air poison the body as that is not the subject of the present write-up though I cannot refrain from voicing a word of warning that carbon dioxide as is more generally known to be poisonous (5% in air being fatal) is surely less so than carbon mono-oxide

(1/4% of it inhaled for four hours brings certain death) which is exhaled in copious quantities when the supply of oxygen is diminished in the air inhaled due to the odious closing of the doors and windows.

Dr. W. Cramer, the distinguished English inventor of cancer, has just published discoveries which prove that both the nervous system and glands are intimately involved in the normal regulation of the body temperature of people.

Only the higher group of animals to which belong men, the mammals and one other group–the birds–possess the ability to keep the body warmer than its surroundings. Fish must take up the temperature of water they swim in. Lizards sunning themselves on a road-side fence are warm as long as they are in the sun. In the shade or during a cool night, all kinds of reptiles cool off and move sluggishly.

There are two separate ways according to physiologists by which the heat of the body is controlled. One is by the amount of heat produced in the muscles and perhaps in other tissues of the body by the chemical combustion mentioned already. This is like the coal that the householder burns. The other way of managing body heat is by preventing its loss. One method of the latter is perspiration.

A decade back, Dr. H. G. Barbour proved what other physiologists had long suspected that these heat changes of the body are controlled by a nerve-centre in the brain, a kind of furnace watch-man charged by nature with the duty of opening the windows of the body when things got too warm or of making the fires burn more warmly when things got cold. This centre is located, Dr. Barbour found, in the lower part of the brain between the thinking portion of the brain and the upper end of spinal cord. Not being a part of the thinking brain, it operates automatically and unconsciously. By pressing a cold instrument against it, Dr. Barbour was able to fool the nervous watch-man into ordering an increase of heat which was not necessary. Apparently it is the temperature of this tiny nervous thermostat in the brain that counts in keeping the body at a regular temperature.

Dr. Cramer's more recent work is in agreement with these facts but proves in addition the important role of glands specially of the adrenal situated just above the kidneys and of the thyroid in the neck, the gland that sometimes gets enlarged and causes goitre. Both, extreme heat and extreme cold produce, Dr. Cramer found, physical and chemical reactions in the aforesaid glands clearly perceptible under a microscope. This glandular effect of heat was put forth several years ago by the foremost gland expert in America, Dr. Charles E. DE. M. Sajous, Professor of Endocrinology at the University of Pennsylvania. Four chemicals are involved, Dr. Sajous believes, in these gland reactions, three of which are manufactured by adrenal. One of these called lecithin is the body fuel providing heat by combining with oxygen as explained above. The second is a kind of a match that makes this possible, a material that assists the heat producing reaction between oxygen and lecithin. The third is a retarder of the reaction like some chemical that makes furnace coal burn slowly. The fourth produced by thyroid is a stimulator of the body fires; a chemical devise to increase heat like gunpowder, saltpetre etc. thrown in a fire.

By regulating the amount of these four chemicals set free from hour to hour into the blood, these two glands are able to, Dr. Sajous believes, control the body temperature either way.

The role of the brain centre investigated by Dr. Barbour is probably to

start off the proper gland reactions when more heat or less heat seems to be needed.

Now, Tibetan hermits frequenting icy wintry weather that goes with that region, specially on 11,000 and 18,000 feet height, with the esoteric gtumo (tumo) knowledge and practice manage to be comfortable and withstand the ravages of such extremely piercing chill even in the naked state. Further as disciples they practise their system seated on ice-covered lakes with sheets of cloth wetted with ice-cold water wrapped over their bare bodies. Their proficiency in this domain is guaged by the number of such sheets they are able to dry during a sitting in the night. Some dry as many as forty during one night! Their system, bodily borrowed from Hatha Yoga, comprises of certain Pranayama exercises while seated in a Yoga Asan posture, Pratyhara and Dharna in addition to Neuli—one of the Shat Karmas of Yoga.

While Agnisara Mudra, Jalandar Bandha and a legion of other Kriyas remain still a closed book to the world.

HEALTH

By

K. R. VAIDIANATHAN,

Palghat.

ONCE a doctor came to me and asked me whether I could give him an exact definition of Health. For a minute, I sat silent and thinking, exerting my very best out of me to evolve out an accurate, all-covering definition of the word. I thought of telling him that it is freedom from disease. But suddenly I was reminded of the forwarding, positive nature of health. Health is not a negative state; it is not only that stagnant, stereotyped state of freedom from disease. The definition is incomplete. Health is something more than that. I told him that health is freedom from disease and also something over and above that. "What is that something?" the doctor asked me suddenly. I was puzzled. I could not answer him. I struggled hard, tried my very best to answer, but I could make out nothing more than a few inarticulate 'that is—...that is....' I would try to explain, but words would not come to my aid. I could make no definite utterance. I frankly admitted my inability and requested the doctor to try his ingenuity. He stared at me, and began to clear his throat as though for an elaborate explanation. I thought he began—but he was sitting there motionless and mute. He could not speak a single syllable—and he was sitting there as before! "That is Health!" I cried suddenly. I knew he had understood the meaning of health, but he could not explain it to me—perhaps nobody can!

Nobody has yet given a precise definition of health. It is, indeed, impossible to define it. For health is not a tangible thing to be described or defined. It is not a thing to be possessed. Like Religion, it is being

and becoming! In short, Health is Life itself. It is that vital force in Man, that makes the man a man! It is that vim, the vigour and vitality, the self-asserting quality in man that is called health. Health is not the mere accumulation of masses of muscles in our body. Health is not merely the possession of an iron bony structure! Health is the personification of a noble and majestic quality that is always self-asserting and self-confident. Health is the robust personality of the steady, self-asserting individuality in man. In short, it is the unswerving assertion of a steady and steadfast individuality!

But it is not everybody that is healthy. We can find a plethora of people who, I can say, are the most wretched creatures on Earth. They hypnotise themselves into a belief that they are weak and destined to be weak for ever. They think that they have no right in the affairs of the world. They think that they are uncared, unnoticed, puny weaklings, and they never evince any sign of waking from their self-deception Like withered twigs, they are ever in oblivion! So far as they are labouring in this dark, ghostly region of inferiority-complex, they have no chance of rising up. They have to shake off this obvious lethargy, this self-made self-deception and assert their own right and authority. They have to waken their slumbering individuality! Take Hitler for example—. To begin with, he was a poor paper-boy! If he had that same paralysing notion that he was doomed to be a paper-boy for life, it is certain that he would have remained as he was, a poor, paper-boy! But look at him now—Look at his courage, his majestic individuality asserts itself with all its adamantine integrity! Look at his resolute stand, his firmness and tenacity of purpose. Really he is an admirable man!

Indeed, it is that self-deceiving notion among people that they are born to be weak, and weak for ever, that disease is the work of destiny, and unavoidable and unpreventable, that bars the way towards a national health. People have a very crude notion that constipation, indigestion and dysentery are entirely unpreventable, and instead of making good, constructive thoughts on healthy lines, they are facing a very dangerous and deadly aspect of life. They think that disease is a mysterious manipulation of an unseen influence, and that they do not at all play any part in contracting a disease. Disease is the punishment for violating Nature's Laws—but no one at the time of the disease remembers himself to have been responsible for his suffering! Disease does not come from heaven or hell—it comes out from our own faults and follies. And until and unless people wake up from these self-hypnotised delusions, there is little chance of reaping the highest harvest of life! We should be strong, both mentally and physically, and should never allow ourselves to be hypnotised by the delusions of any of the two! First feel that strength of mind and despatch currents of strength to your body! Thus make yourself an exemplary specimen of Humanity, make yourself the perfect embodiment of Happiness and Joy!

Prevention of Cholera

By Dr. Phani Bhusan Mukherji,

Dharbhanga.

PEOPLE should live in well-ventilated houses with the doors and windows open. Disease germs fly away from air and light. 'Cholera Bacilli, rapidly die when dried.

2. Dwelling houses should be kept scrupulously clean. The drains and latrines should be frequently disinfected with Phenyle.

3. As the disease is mainly conveyed by contaminated water, the drinking water should be boiled before use.

4. All sources of drinking water supply should be treated with chlorinated lime (bleaching powder) or Electrolytic chlorine or Potash Permanganas or cholera bacteriophage—the latter especially when cholera patients are treated with the same in an affected area.

5. One or two teaspoons of cholera-phage should be added to a seer or 2 lbs. of water and a sip or two of the same should be given to each person to drink.

6. The milk should also be boiled before use.

7. As flies transmit the disease, all food and drinks should be carefully protected from flies.

8. Food and drinks should always be taken warm and fresh.

9. Uncooked vegetables and undigestible articles of food should be avoided.

10. Ripe fruits and raw vegetables if taken, should be previously washed thrice with boiling water or Potash Permanganas lotion.

11. Sweetmeats and other articles of food, exposed to dust and flies, in a confectioner's shop, should never be taken.

12. Ripe fruits, the outer skin of which is peeled, cut to pieces, exposed to dust and flies or touched with unclean hands, should be similarly avoided.

The interior of a fruit being always sterile, there is no harm in buying an entire fruit, washing it with boiling water, peeling it, cutting it to pieces in one's own home and then taking the same.

13. Errors in diet should be avoided and digestive disturbances, especially, diarrhœa, should be promptly treated.

14. Drinking of alcohol, night keeping, excessive mental and physical exercises—all tend to devitalise the system and lower the resistance power and so should be avoided.

15. Fear, by its subsequent depressing influence on the system, similarly lowers the resistance power and plays an important part in the causation of the disease, hence persons should at the time remain constantly gay and cheerful.

16. Protective inoculation of healthy persons with 'Cholera vaccine' constitutes the first and foremost step in the prevention of cholera, when cholera breaks out in a locality, and as such every endeavour should be made to persuade the people to take the inoculation at the earliest opportunity.

17. Isolation of the sick persons together with thorough disinfection of their vomit, stools and clothing should be carried out, in an epidemic to prevent further spread of the disease.

On Prolongation of Life

The importance of human life depends on its quality, not on its length...... Today the prolongation of life, for a great many people, would profit neither themselves nor society. If a sudden increase of only ten years in the life span occurred, a social and economic catastrophe would follow. Like all great human problems, longevity has to be considered in several aspects. And its aspects are as numerous as those of life itself. Rightly or wrongly humanity will never stop searching for the secret of eternal youth.

Dr. Thurman B. Rice has stated that we should be more interested in adding life to our years than in adding years to our life.—*O. W.*

Pain around the Heart

Pain around the heart may be a sign of heart disease ; but it may also be a sign of other far less serious conditions. Chest pains, for instance, can be present with indigestion or with disease of the lungs and respiratory tract.

To live with heart disease, the person needs to follow the plan outlined for him by his physician. Usually the following points are included :—

1. Accept the fact that you are handicapped, and resign yourself to a modified form of living.

2. Recognize breathlessness, and try to stop activity before it occurs.

3. Never run for trams or trains, or upstairs. Why climb stairs if there is a lift available? If absolutely necessary to climb stairs, stop to rest before breathlessness appears.

4. Avoid colds. Avoid contact with those who have colds or any other infection. If you do have a cold, go to bed and stay there until the doctor tells you to get up. A few days more of rest may make a big difference.

5. Avoid alcohol and tobacco.

6. Never overeat. Better keep your weight a little below normal.

7. Don't lose your temper.

8. Don't worry, either about your business or your heart. It won't help, and it may do harm.

9. See your doctor for examinations as often as he wants you to. Don't decide for yourself when to go, unless something unusual has occurred.

10. Respect your heart and its limitations ; but don't let it affect your life so that you'll make an invalid of yourself for the rest of your days.—*Oriental Watchman.*

Posture

Always sit erect, with chest held high and the small of the back supported. Sit as little as possible. Standing and lying are more natural and healthful positions than sitting.

When standing, hold the body erect, the hips well back, the chest forward, the chin drawn in.

In sitting, do not slump, but keep the chest up. This requires an effort which becomes tiresome if long continued, unless proper support is given to the lumbar spine or so-called hollow of the back. To keep the shoulders from dropping forward and flattening the chest, support should also be given to the upper spine between the shoulder blades.

A chair constructed so as to support the lower back and the upper spine will hold the body in perfect position when completely relaxed as is necessary for complete rest. Such chairs are now available—*Good Health (U.S.A.)*

A Celebrated Octogenarian Vegetarian.

George Bernard Shaw, the celebrated play-wright, is one of the best known of vegetarians. There was recently quite a lot of excited gossip about him in the papers. In big headlines we read : " George Bernard Shaw, the world's best known vegetarian for half a century...is taking meat extract for anæmia." Needless to say, Mr. Shaw promptly denied this. "It's a lie!" he said, " I had a bit of a break-up—too much work,...but I am getting on very well now. And I want to emphasize that I have stuck to my old vegetarian diet. I don't take meat." He is over eighty years of age and is still "going strong." One popular newspaper editor remarked that Shaw could use 60,000 words of the English language. "If what comes of being a vegetarian," he said, " is the octogenarian alertness of a Bernard Shaw, we'd rather say anæmia comes of meat eating !"—*Good Health (London).*

" Shut Your Mouth "

The following are a few of the trite sayings from an old book by George Catlin, London dated 1875, whose pungent title is 'Shut your mouth' :—

"There is no animal in nature, excepting man, that sleeps with the mouth open ; and with mankind I believe the habit, which is not natural, is generally confined to civilised communities, where he is nurtured and raised amidst enervating luxuries and unnatural warmth.

"The physical conformation of man alone affords sufficient proof that this is a habit against instinct and that he was made, like the other animals, to sleep with his mouth shut—supplying the lungs with vital air through the nostrils, the natural channels.

"The savage infant, like the offspring of the brute, breathing the natural and wholesome air, generally from instinct, closes its mouth during sleep. In all cases of exception the mother rigidly(and cruelly if necessary) presses the lips together and thus enforces nature's law, until the habit *is fixed for life.*

" There is no perfect sleep for man or brute with the mouth open ; it is unnatural and a strain upon the lungs which the expression of the countenance and the nervous excitement of nightmare plainly show.

" And if I were to endeavour to bequeath to posterity the most important motto which human language can convey, it should be in three words—shut your mouth.

" In the social transactions of life this might have its beneficial results, as the most friendly, cautionary advice, or be received as the grossest of insults ; but where I would paint and engrave it, in every nursery, and on every bed post in the universe, its meaning could not be mistaken and if obeyed, its importance would soon be realised.

" I have lived a long life and communed freely with the world in various parts of the globe and I never met a stuttering old man and rarely an aged man or woman with an open mouth and a hanging jaw. Why this, when the ranks of youth and manhood are full of them ? The answer is, half of the human species who sleep with the mouth open die in infancy and childhood and the other, their lungs unable to withstand the abuse, disappear from the stage of life before they pass from manhood to old age.

"The mouth of man was made for the reception and mastication of food for the stomach, but the nostrils, with their delicate and fibrous linings for purifying and warming the air in its passage, have been mysteriously constructed and designed to stand guard over the lungs—to measure the air and equalise its draughts during the hours of repose. We are told that "the breath of life was breathed into man's nostrils"—then why should he not continue to live by breathing it in the same manner?"—*The Medical Officer.*

Diet in Fevers

During fevers and many similar complaints, it was the practice a few years ago to feed the patient with stimulating preparations, such as meat extracts and beef tea. This we believe to be definitely bad. Beeftea contains much animal waste matter and toxins, and it is largely due to these that it owes its stimulating properties. As the disease from which the patient is suffering is due to the presence in the blood of bacteria and their toxins, and as a high temperature causes excessive formation of waste bodies, it must surely be unwise to add to these by feeding them to the sufferer from the dead flesh of animals. We much favour the free use of water and fruit juices which counteract and eliminate such poisons.

In most cases where the temperature is high, the patient craves for liquids, and these should be given liberally in the form of water and fruit juices. The tendency of fluids in such cases is to reduce temperature and eliminate waste matter by flushing out the kidneys and bowels and to ease the strain on the heart. In many such cases, solid food is contra-indicated for the time being, and milk is then the chief standby. If given in the ordinary form, however, it will coagulate and form curds which are heavy in the stomach and so cease to be a liquid food. To prevent this, it should be mixed with about one-third the quantity of barley water, or even plain water, or fifteen grains of citrate of soda to the pint may be added. For those who cannot take milk, whey, proprietary invalid foods, like Ovaltine or Benger's food, or albumin water may be substituted.

When the temperature is not very high, milk puddings, blancmanges, cornflour, arrowroot, and jellies may be taken. The question of how to give milk is often a problem, as many patients quickly tire of it. In addition to the forms already mentioned, it may be given as custard, peptonized milk, milk jellies, or it may be flavoured wite vanilla, chocolate, and cinnamon.

There are no fruit juices which are contra-indicated in patients with high temperatures, and all may be taken freely. The two fruits most commonly useful are lemons and oranges. Both are very potent in fighting infection as well as being cooling and refreshing.—*Good Health, (London.)*

Acknowledgment.

We acknowledge with thanks the receipt of a copy of the "**Dispensary Label Book**" priced Re. 1/- and printed at the Merchants Press, 85, Nyniappa Naick Street, P. T. Madras. This contains a list of labels of medicines in alphabetical order and also their doses which will be found useful to Chemists and Druggists.

Health Tit-Bits

Wonders of the Body—
Some Facts and Figures

The skin contains more than 2,000,000 openings which are the outlets of an equal number of sweat glands.

* * *

The human skeleton consists of more than 200 distinct bones.

* * *

An amount of blood equal to the whole quantity in the body passes through the heart once every minute.

* * *

The full capacity of the lungs is about 320 cubic inches.

* * *

About two thirds of a pint of air is inhaled and exhaled at each breath in ordinary respiration.

* * *

The stomach daily produces 9 pounds of gastric juice for digestion of food ; its capacity is about 5 pints.

* * *

There are more than 500 separate muscles in the body with an equal number of nerves and blood vessels.

* * *

The weight of the heart is from 8 to 12 ounces. It beats 100,000 times in 24 hours.

* * *

The average man takes 5½ pounds of food and drink each day, which amounts to one ton of solid and liquid nourishment annually.

* * *

A man breathes 18 times in a minute, and 3,000 cubic feet of air every hour of his existence.

—*M. Arunachalam.*

Medico-Wits

Heard but Forgotten

Some years ago when the gland treatment for rejuvenation was attracting considerable attention, an old man went to a famous Surgeon, and asked him whether he could make him into a youth of sixteen. "I can", said the Surgeon, " but it will cost you fifty thousand dollars ". The old man agreed to pay, and the surgeon performed the operation, which was quite successful. But he was not so successful in trying to collect the bill. He threatened to sue, and the old-young man said : " You can't sue me now, because I am under age. And if you say that I am not under age, I'll sue you for fraud ".

* * *

" How are you finding business, doctor?" was asked of a physician. " Capital ", he replied, " I have all I can attend to." " I didn't understand that there is very much sickness about ". " No, there isn't. But we physicians do not depend upon sickness as an income. Oh, no ; most of our money is made from people who have nothing the matter with them ".

* * *

One professor Wilson, of Edinburgh University, being made honorary physician to Queen Victoria, informed his pupils of the honour which had been done him by writing on the black board in the laboratory :—"Professor Wilson informs his students that he has this day been appointed honorary physician to the Queen". During the professor's absence from the room, one of the students added to this notice the words " God save the Queen ".

—*M. Arunachalam.*